



# Greek spicy cheese dip – Tirokafteri

10'  
Hands on

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1/3 clove(s) of garlic
- 50 g olive oil
- 1/2 chili pepper
- 1/2 teaspoon(s) chili flakes
- 400 g feta cheese
- 200 g strained yogurt

To serve

- bread
- chili flakes
- chili pepper
- herbs, fresh

## Διατροφικός πίνακας

Nutrition information per portion

267 Calories (kcal)	23.0 Total Fat (g)	11.0 Saturated Fat (g)	3.6 Total Carbs (g)
13%	33%	55%	1%
3.5 Sugars (g)	12.0 Protein (g)	0.0 Fibre (g)	1.7 Sodium (g)
4%	24%	0%	28%

## Method

For the Greek spicy cheese dip

- In a blender, add the garlic, olive oil, chili flakes and finely **chopped** chili pepper. Beat until all of the ingredients are completely incorporated.
- In a **bowl**, add the feta coarsely chopped, strained yogurt and the mixture from the blender. Mix thoroughly with a spoon.

To serve

- Transfer cheese dip to a small bowl.
- Add the chili flakes, finely chopped chili pepper and fresh herbs.
- Serve with bread slices for dipping!
- You can also dip chopped vegetables and crackers or spread it in your sandwiches instead of mayo!